\* Asian Pacific American Heritage Month \* Family Wellness Month \*

\*National Barbecue Month \* National Egg Month \* National Hamburger Month \*

\* National Physical Fitness & Sports Month \* National Salad Month \*

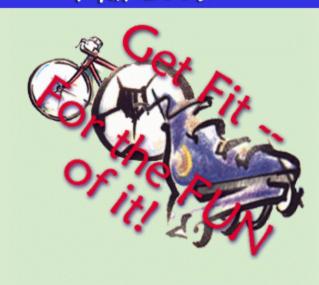
\* National Salsa Month \* National Sweet Vidalia Month \* National Vinegar Month \*

\* Tennis Month \* Women's Health Care Month \* American Stroke Month \*

\* National Bike Month \* National High Blood Pressure Education Month \*

\* Better Sleep Month \* National Osteoporosis Awareness and Prevention Month \*

## May 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nationa 	nl Family Week (5/3	- 5/9)	1 May Day School Principals Day	2
		Teacher Ap	preciation Week (5	/4 - 5/10)		
3	4	National Teacher Day	National School Nurse Day No Diet Day	7	World Red Cross Day	9
Food Allergy Awareness Week (5/10 - 5/16) National Women's Health Week (5/10 - 5/16)						
10	11		13	14	15	16
Mother's Day	■ Eat What You Want Day	■ Limerick Day	■ Root Canal Appreciation Day	14	National Bike to Work Day  National Pizza Party Day	■ First Woman to Climb Mt. Everest: 1975
		National Sa	fe Boating Week (5)	/16 - 5/22)		
National Backyard Games Week (5/18 - 5/25)						
17	18	19	20	21	22	23
United Nations: World Telecom- munication Day		Plan a field trip to a dairy farm!	■ National Employee Health & Fitness Day	Try a new sport today!		
24	25	26	27	28	29	30
Eat a hearty salad for lunch today!	Memorial Day (observed)  National Tap Dance Day		■ National Senior Health & Fitness Day			Go for a bike ride today!
31						